

Application No. 10/516,332  
Amendment Dated July 7, 2006  
Reply to Office Action of March 8, 2006

Docket No. 7632-101/10413784

### AMENDMENTS TO THE CLAIMS

**Claim 1 (cancelled)**

**Claim 2 (cancelled)**

**Claim 3 (currently amended)** An exercise device according to claim [9] 10, wherein said ~~[pad is pivotally supported on a circular section member and can be readily removed therefrom and replaced thereon without the use of tools]~~ pivotally supported spring-biased pad is removably detachable.

**Claim 4 (currently amended)** An exercise device according to claim 3, ~~[wherein a plurality of abdominal contacting pads are provided, including one basically smooth pad and a second alternative pad provided with an array projections on its outer major face]~~ further comprising a plurality of interchangeable abdominal contacting pads including one pad having a smooth top surface and a second alternative pad having an array of projections on said outer major face.

**Claim 5 (currently amended)** An exercise device according to claim [9] 10, wherein said spring-biased pad includes ~~[loading is provided by]~~ at least one leaf spring rigidly ~~[supported]~~ mounted at a ~~[at its]~~ lower extremity by a structural pocket ~~[component]~~ of said device.

**Claim 6 (currently amended)** An exercise device according to claim 5, wherein said ~~[upward]~~ spring biased pad includes ~~[loading is provided by]~~ two spaced-apart leaf

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springs [each] rigidly [gripped] mounted at a lower extremity thereof by a structural [component] pocket of said device.

**Claim 7 (currently amended)** An exercise device according to claim 6, wherein additional leaf springs are provided and can selectively be inserted into and [retrained] retained by a holding device attached to said structural component, to contact and stiffen the existing leaf spring(s).

**Claim 8 (currently amended)** An exercise device according to claim [9] 10, [wherein said structure is provided with] which further includes means for adjusting the height of the handles relative to the base.

**Claim 9 (cancelled)**

**Claim 10 (new)** A free-standing portable exercise device for executing push-ups in an inclined standing position and for simultaneously exercising the abdominal muscles of the user, the device comprising:

a tubular base;

two elevated substantially stationary spaced-apart handles supported by a structure above and connected to said base;

an upwardly spring-biased pad having an outer major face supported by said structure and being positioned between said handles at an axis parallel to its major axis and proximate to a lower surface;

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means for pivotally supporting said pad on said structure;

said pad sized and configured to directly engage the abdomen of an exercising user with said major face maintaining a position in a plane substantially parallel to the abdominal area of said exercising user executing push-ups in an inclined standing position;

whereby said upwardly spring-biased pad moves in an arcuate forward-downward direction when engaged and pressed upon by the abdomen of an exercising user while said base and said handles remain substantially stationary to support the user in variable inclined standing positions.

**Claim 11 (new)** A free-standing portable exercise device for executing push-ups in an inclined standing position and for simultaneously exercising the abdominal muscles of the user, the device comprising:

a base;

two elevated substantially stationary spaced-apart handles supported by a structure above said base;

an upwardly spring-biased pad supported by said structure and being positioned between said handles at an axis parallel to its major axis and proximate to a lower surface; said pad sized and configured to directly engage the abdomen of an exercising user; said pad further being pivotally supported by a circular section beam member where said beam member includes two dependent arms hinged to said

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structure at a pivot point; whereby when said spring-biased pad moves in an arcuate forward-downward direction when engaged and pressed upon by the abdomen of an exercising user while said base and said handles remain substantially stationary to support the user in variable inclined standing positions; said pad further having an outer major face and being pivotally supported relative to said structure such that when contacted by the body of a user executing push-ups in an inclined standing position, said outer major face of said pad maintains a position in a plane substantially parallel to and in contact with the abdominal area of the user.

**Claim 12 (new)** An exercise device according to claim 11, wherein said pivotally supported spring-biased pad is removably detachable.

**Claim 13 (new)** An exercise device according to claim 12, further comprising a plurality of interchangeable abdominal contacting pads including one pad having a smooth top surface and a second alternative pad having an array of projections on said outer major face.

**Claim 14 (new)** An exercise device according to claim 11, wherein said spring-biased pad includes at least one leaf spring rigidly mounted at a lower extremity by a structural pocket of said device.

**Claim 15 (new)** An exercise device according to claim 14, wherein said upward bias of said spring biased pad includes two spaced-apart leaf springs rigidly mounted at a lower extremity thereof by a structural pocket of said device.